

PHITT BALL



If you worry about falling, or are just a little wobbly on your feet and are looking for a fun way to tighten your core and help with your balance, then this is the class for you. With a workout, combining core building, balance and flexibility - Physical-Intensity-Total-Toning on an exercise Ball will help you reach your goals in a fun and friendly way. Bring a towel, water bottle, and if you have an exercise ball or Yoga matt bring that too!

Instructor: Ruth Hashu-Roorda **Fee:** \$20 Residents/\$30 Non-Residents

Days: 8 Wednesdays per session **Time:** 9:15-10am **Min. 4/Max. 10**

2019 Dates:

Session 3: May 1, 8, 15, 22, 29, June 5, 12, 19

Session 4: June 26, July 3, 10, 17, 24, 31, Aug. 7, 14

Session 5: Aug. 21, 28, Sept. 4, 11, 18, 25, Oct. 2, 9

Session 6: Oct. 16, 23, 30, Nov. 20, 27, Dec. 4, 11, 18 (off 11/6, 11/13)

Schedule may change due to weather or other unplanned building closures.

Sign up at least 1 week before each new session begins!

No Refunds, except for those with a Doctor's excuse, and then only for the portion of remaining classes.

No enrollment after a class has begun, until the next session

Phitt Ball Program: Pruzin Community Center, 5750 Tyler Street, Merrillville, IN 46410 (219) 980-5911
Please make checks payable to Merrillville Parks & Recreation (put Driver's License # on Check)

Name: _____

Address: _____

Phone: _____ Birthdate: _____/_____/_____

E-mail: _____

Class session enrolling in: _____

Credit cards (circle one). Visa Mastercard

Number on card _____ Expiration Date _____ CRV Number _____

(If you have given us an e-mail address you can pay on-line with a Credit Card at:

<https://register1.vermontsystems.com/wbwsc/inmerrillville.wsc/splash.html>

Please note that by registering for any program your photo may be used in advertising!

You must sign a waiver of release before starting this exercise program that will be kept on file.

